Globe-trotting gastronomy

La Parisien brings French favourites to West End PAGE 19

PIPPA AND THE PISTOL

AFTER STEALING THE SPOTLIGHT AT HER SISTER'S WEDDING, ROYAL IN-LAW PIPPA MIDDLETON LANDS IN A PARIS PAPARAZZO SCANDAL PAGE 16

VANCOUVER metro®

Tuesday, April 17, 2012

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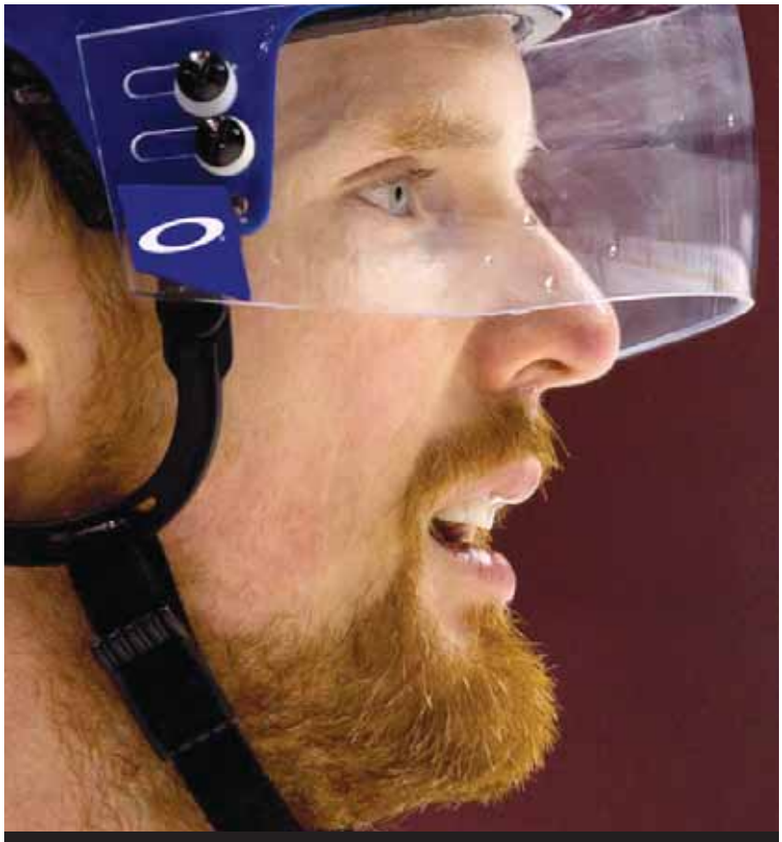

SEDIN TO THE RESCUE?

Daniel Sedin, the team's leading scorer, boarded a flight to L.A. Monday to practise with the team ahead of Game 4 on Wednesday. The Canucks trail the best-of-seven series against the Kings 0-3 and face elimination. Story, page 21.

DARRYL DYCK/THE CANADIAN PRESS

Teens behind pizza-delivery thefts: Police

Surrey. Young men suspected of stealing $100 worth of pizza and drinks with bear spray

PHYLICIA TORREVILLAS
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A group of teens is allegedly behind a recent slew of pizza-delivery driver robberies in South Surrey, according to the RCMP.

Mounties say the suspects place a large order and give an address using a private or blocked number.

When the drivers go to the address and find out the homeowner didn't make the order, they are re-directed to the Rosemary Heights area where they are ambushed by a group of young men armed with bear spray.

Police describe the suspects as Caucasian males aged 14 to 16 years old. One of them was seen wearing a red hoodie, and has a shaved head and brown eyes. Another had a white baseball cap and has chin-length hair.

Police say three pizza-delivery drivers have been targeted in the same area.

"No money was demanded from any of the robberies," said Surrey RCMP spokesperson Cpl. Barb Creighton, adding one of the drivers worked for a big pizza chain and the other two were employees from two different, smaller pizza places.

Police received a call Sunday at around 11 p.m. from a 48-year-old female pizza delivery driver, who was allegedly robbed in the 15500 block of 36th Avenue.

Creighton said the suspects took $100 worth of food and drinks from the driver.

Also on Sunday, police were called to the same area after getting a complaint from a 22-year-old male pizza-delivery driver, who was allegedly a victim of an attempted robbery.

Surrey RCMP also responded April 7 to another report of a pizza-delivery driver being robbed in the same area.

Nader Hatami, owner of Steveston Pizza, said his South Surrey location hasn't experienced any robberies, but he thinks these incidents are part of the business.

"If they steal food, what can you do? (The employees) can't carry less food," he said. "But you do have to have some system in place, like they're not going to carry so much money or just carry the right change," he said.

Police have identified three people of interest, but no arrests have been made.

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Workplace assessment

Top Mountie launches sex harassment investigation

B.C.'s top RCMP officer says he's talked to hundreds of women who work for the force in the province and they've told him the work environment has to change.

So, he's appointing 100 Mounties to investigate sexual harassment complaints in an effort to improve a culture condemned by some as intolerably sexist.

The investigators will form the crux of a broader plan being hammered out under the direction of RCMP Deputy Commissioner Craig Callens in response to the internal workplace assessment he initiated earlier this year after several high-profile accusations.

Cpl. Catherine Galliford, a former media relations officer, was the first to speak out about enduring sexual harassment and abuse from senior officers and she touched off a series of suits including a class-action that could involve more than 100 women.

Callens said the allegations became public only weeks after he took command in B.C. and he set about finding out what was going on. He said he convened focus groups that involved about 400 female RCMP members across the province over two months aimed at uncovering the extent of gender-based harassment.

"I acknowledge, without reservation, that we have some issues that we need to deal with," he said Sunday in an interview. "I'm committed to ensuring that we take the type of action that our employees deserve."

With his own 21-year-old daughter applying to become an RCMP member, Callens agreed that the environment must change.

THE CANADIAN PRESS

This undated photo provided by the Micronesian Shark Foundation shows sharks from an allegedly illegal Taiwanese fishing vessel busted in Palau on Aug. 5, 2009. THE ASSOCIATED PRESS/MICRONESIAN SHARK FOUNDATION

Shark fins not so welcome in Canada

Import ban. B.C. MP introduces private member's bill aimed at curbing the import of shark fins

KATE WEBB
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Saanich-Gulf Islands MP Elizabeth May has introduced a private member's bill in Parliament designed to make the import of shark fins impossible under current industry conditions.

The bill would change Canada's labelling and importing laws to make it mandatory for imports to include the type of shark and where it was caught — something that is not tracked by the vast majority of shark fisheries.

"This bill proposes a small change that will have a huge result," the Green Party leader said in a statement. "By putting in place proper regulatory controls on shark fin sales, we will essentially stop the trade of shark fins."

Another bill introduced last December by New Westminster-Coquitlam NDP MP Fin Donnelly explicitly proposes a ban on the import of shark fins in Canada. Ontario cities Toronto, Brantford and Mississauga already made that move last year, banning sales at the municipal level.

Rob Sinclair, executive director of WildAid Canada, a conservation group that supports both May's and Donnelly's bills, says May's Bill C-417 takes a different approach with the same goal in mind.

Reaction

"What you're seeing right now ... is an international movement against shark fins."

Rob Sinclair, Executive director of WildAid Canada

"I will be happy if Fin Donnelly's bill passes, I will be very happy if Elizabeth May's bill passes," he said. "What you're seeing right now at a local, regional and international level is an international movement against shark fins."

May's bill would also make it mandatory for all shark meat sold in Canada to carry a label warning consumers about the danger of mercury contamination.

Shark finning is a controversial practice that sees fishers hack the fins off sharks and throw them back in the water alive to drown, starve or bleed to death. The industry, which is conservatively estimated to be worth $1 billion a year, threatens some shark species with extinction.

Advocates of the industry, including many restaurateurs, say shark fin soup is a staple of Chinese culture and cuisine. May's bill is not expected to reach second reading until next year.

1

NEWS

On the web

Tupac rises

While a hologram Tupac hit the stage with Dr. Dre and Snoop Dogg at Coachella, fans, haters and even the hologram rapper himself hit Twitter and YouTube. Watch the performance and see the reaction at metronews.ca.

Going off-label

Taking the birth-control pill to cure acne rather than prevent pregnancy? "Off-label" prescribing, as it's called, might be more common than doctors once thought. See metronews.ca for the story.

Mobile news

Iran calls it the "soft war" with the West: Battles to control, defend and monitor the Internet and other high-level telecommunications. The latest move to keep Iranians locked in a cyber-fortress came quietly. Scan the code for the story.

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Stats. Violent crimes down, property crimes up: VPD

Property crime is up but violent crime is down, according to the latest stats from the Vancouver Police Department.

The crime statistics from the first three months of 2012 show that property crimes are up more than 3 per cent.

The biggest increase came from District 1— neighbourhoods of the West End, Yaletown, Coal Harbour and Vancouver's central business district — which saw a jump to 2,389 property crimes from last year's 2,124.

Meanwhile, violent crimes dropped citywide by 6.6 per cent to 1,532 offences from 1,640.

District 2, the Downtown Eastside, had the most violent crimes between Jan. 1 and March 31 with 658 reported incidents. But it still saw a decrease of 6.7 per cent from the same time last year.

Traffic fatalities are also down 40 per cent, while Priority 1 response times in the first quarter of 2012 (9:46) were slower by 50 seconds compared to last year (8:56).

PHYLICIA TORREVILLAS/METRO

Labour relations

Teachers must do up report cards: Lawyer

The B.C. government's bargaining agent in the ongoing teachers' dispute says teachers must produce report cards from the beginning of the school year when they staged a limited strike. Delayne Sartison, a lawyer for the B.C. Public School Employers' Association, has told the Labour Relations Board teachers should write two missed report cards so parents know about their childrens' progress. THE CANADIAN PRESS

Law schooled

F*in Rights show to teach about the law

Pivot Legal Society is mixing hip hop and legal education to help young people understand and exercise their legal rights. Pivot's Darcie Bennett said they will be launching five new legal education videos at F*in Rights, a free hip-hop show happening Friday at Vancouver's Russian Hall on Campbell Street. The videos will be available online and will be accessible for free from anywhere in the province. PHYLICIA TORREVILLAS/METRO

A Canucks queen walks among Kings

Support. Vancouver Canucks fans flock to hostile territory to boost struggling team

MATT KIELTYKA
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Draped in a flowing Vancouver Canucks flag, Amie Nguyen looks almost regal as she fearlessly walks through thousands of fans sporting black and silver crowns.

Boos and taunts stalk her at every turn, but such is the cost of supporting your team in hostile territory.

And for a team that finds themselves down 3-0 to the Kings, the Canucks could use all the help and support they can get in Los Angeles.

Nguyen is just one of many who have turned the Canucks' first-round playoff series into a hockey-themed California adventure.

And though she travelled alone, staying with a friend who lives in L.A., it didn't take long for this Canucks queen to find companionship with fellow loyal Vancouverites.

"We instantly became some kind of Canucks orphanage because random fans from all over kept coming and joining us and our table kept expanding," said Nguyen about pre-game drinks at L.A.'s Yardhouse on Sunday. "It was great! Every single person in Canucks gear that walked by, we would cheer, clap and give high fives."

While this is Nguyen's first Canucks road trip, blue and green jerseys have become a common sight in virtually every NHL arena when the back-to-back Presidents' Trophy winners come to town.

"It makes me feel so proud that people are willing to travel and come out to games fully dressed and supporting their team," Nguyen said. "I feel like the Canucks nation is really rich in terms of spirit and passion. Seeing them at away games clearly shows the support we get from real fans."

Other than the thrill of representing Vancouver against all odds, there's another incentive to see an away match.

"Guess how much I had to pay for seven tickets? $490 (for Game 3 and 4). That's like what, a decent pair for one game in Vancouver?" Nguyen said.

Amie Nguyen proudly sports her Canuck gear Sunday outside the Staples Center in Los Angeles. CONTRIBUTED

A screen grab of Canucks fans voicing their pain in a parody of Gotye's Somebody That I Used To Know. YOUTUBE

Gotye hockey parody goes viral

A video parody of Gotye's "Somebody That I Used to Know" voicing the pain, frustration and hopes of the Canucks nation has garnered more than 128,000 views since hitting YouTube Saturday.

Donning Green Men-style spandex, face paint and jerseys, three singers urge fans to keep the faith:

"We can lose all hope and hold on to this pointless sadness.

And cheer for someone like the Pens.

Or even the Sens.

But, Vancouver, that does not make sense

We won the Presidents' Trophy again.

We're No. 1 and this season's far from over."

The lyrics also make wistful references to last year's Stanley Cup final and defend beleaguered goalie Roberto Luongo.

Watch the video at metronews.ca.

KATE WEBB/METRO

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Transit trouble. Monday morning misery for Canada Line commuters

The week got off to a stuttering start for thousands of commuters taking the Canada Line Monday after a glitch disrupted service for hours.

TransLink said a "communication problem" on the automated rapid-transit trains at Olympic Village station crippled service down the line and forced people to take buses into downtown Vancouver instead.

Elsewhere, the backup meant trains remained stuck at stations — or in between them — for extended period of time, frustrating riders during the busy morning commute.

"It's never any easy way to start the week and for that we apologize to our customers," said TransLink spokesperson Derek Zabel. "This isn't a problem we've seen too much on the Canada Line, and not for such a prolonged amount of time."

The nature of the glitch is being investigated.

MATT KIELTYKA/METRO

Contract. Makeover for Vancouver Shipyards

North Vancouver-based Seaspan Marine Corporation is teaming up with a Korean firm to get its operations shipshape after being awarded an $8-billion federal contract.

Seaspan president Brian Carter says his company has signed a deal for the STX Offshore and Shipbuilding Company to help upgrade Seaspan facilities.

A technical team from STX will assist Vancouver Shipyards in fine-tuning operations by recommending improvements to shop layouts, material flow and production methods.

THE CANADIAN PRESS

Mental health. Children should be screened for anxiety: UBC researcher

A UBC researcher says children in kindergarten should be screened for anxiety disorders, just as they are for hearing, vision and reading problems at that age.

Lynn Miller, an associate professor of counselling psychology, presented her findings Monday at the American Educational Research Association's annual meeting in Vancouver.

Miller said one in 10 children is affected by a mental health disorder, and the majority are anxiety disorders.

"We have many studies that support that the earlier intervention the better," she said.

"We also know that untreated anxiety has a host of terrible outcomes: Higher rates of depression, higher rates of using alcohol, higher rates of using tobacco, higher school absence, lower vocational aspirations, and it's the number 1 predictor of completed youth suicide."

The former teacher developed a simple, two-part questionnaire parents can fill out that was 85 per cent effective at predicting anxiety disorders in a test group of 200 children from the Lower Mainland.

KATE WEBB/METRO

A photographer shoots a video monitor as Lila Purcell testifies at the Missing Women Inquiry in Vancouver Monday. Lila Purcell is the aunt of victim Tanya Holyk. JONATHAN HAYWARD/THE CANADIAN PRESS

Pickton inquiry told of resistance from police

Criticism. Victims' families allege delays, neglect in investigators' probes into disappearance of women

The stories told by the families of Robert Pickton's victims at an ongoing public inquiry form a tragic repetition.

They notice the women missing, often within days of when they're last seen, and reach out to the Vancouver police for help.

They face resistance from a civilian clerk and from police officers, who point to the women's lives as drug-addicted sex workers to conclude they are simply out partying. Or they've moved to work the streets in faraway towns. Or perhaps they're off travelling and just haven't told anyone.

Files are eventually opened, but investigators are slow to work on them and fail to find any of the women.

Each story ends when the women's remains or DNA are found on Pickton's farm after his arrest in 2002.

"I feel that had it been done properly, perhaps this man would have been found sooner and perhaps a few more lives would have been saved," Lila Purcell, the aunt of Tanya Holyk, testified Monday, the latest relative to appear before the inquiry to recount the now-familiar lament.

"I hope that, although we weren't able to save her from the life that she fell into, perhaps the consideration for these women would be deeper and such a waste of time wouldn't be spent looking the other way while more women go missing, just because they aren't really considered a part of society."

Holyk was last seen in October 1996, and Purcell noticed her gone immediately.

At the time, Holyk was constantly in touch and actively involved in the life of her young son, said Purcell. When she hadn't been seen for a few days, Purcell said the family started asking the woman's friends and began searching the Downtown Eastside, but they couldn't find her.

A few days later, Holyk's mother, Dorothy Purcell, contacted the Vancouver police, where she spoke with a clerk at the missing person's unit named Sandy Cameron.

The inquiry has already heard complaints that Cameron, who is expected to testify next week, was dismissive and belligerent to the families of missing women.

THE CANADIAN PRESS

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Lack of time no obstacle to volunteering

Giving back. More than half of Canadians don't feel they have time to devote to others

MATT KIELTYKA
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The biggest hurdle to volunteering is no hurdle at all, according to Big Sisters of B.C.

A recent study by Vision Critical suggests 67 per cent of Canadians would like to volunteer their time and give back to their community, but 57 per cent say they just don't have time to spare.

While their concern is understandable, Lisa Cloutier, director of operations of Big Sisters of B.C. Lower Mainland, said the time barrier is a myth.

"There really isn't a significant time constraint. We have programs that require just one or two hours a week," she said. "That's the same amount of time to watch a movie, and a lot more fun."

Cloutier said those precious hours make a big difference in Big Sisters' mentorship and tutoring programs.

Many big sisters come in worried about time commitments but quickly adjust.

"After a month or so, it just becomes part of your normal schedule, part of your life," Cloutier said. "Mentorship isn't for everyone. You need to find the right volunteering opportunity for you. There are a lot of options."

Big Sisters links volunteers with young girls through a mentorship program that brings them together based on their personalities and interests.

The agency also has a more structured academic study-buddy tutoring program.

Other volunteering opportunities in B.C. can be found at govolunteer.ca.

Big Sister Thea Gilks and Dominique. Volunteering can be a matter of giving as little as one or two hours a week, a Big Sisters official says. CONTRIBUTED/BIG SISTERS

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Tired pilot caused jet to dive: Report

A groggy Air Canada co-pilot who mistakenly believed his jet was about to smash into another plane forced a sudden dive that caused 16 injuries among passengers and crew.

The incident happened on a transatlantic flight last year, said a report released Monday.

The Transportation Safety Board report notes that those hurt aboard the Boeing 767 had failed to comply with lit seatbelt signs.

"This occurrence underscores the challenge of managing fatigue on the flight deck," said Jon Lee, the investigator in charge.

"It also shows that in-flight passenger injuries can be prevented by wearing seat belts at all times while seated."

The terrifying 46 seconds in which the plane dived 120 metres then lurched 240 metres back upward occurred in January 2011 aboard an overnight Air Canada flight to Zurich from Toronto.

The first officer was napping during a controlled rest period aimed at combating pilot fatigue when he was awakened by the captain's report of their flight position.

At the same time, a U.S. air force Boeing C-17 was coming from the opposite direction about 300 metres below them.

To avoid what he thought was an imminent collision, the first officer overrode the auto-pilot by forcefully pressing on the control column, pushing the jet into a dive.

The "confused and disoriented" co-pilot first mistook the planet Venus for the approaching aircraft.

When he did spot the oncoming plane, he thought it was descending straight at them.

The captain was able to regain control as the C-17 passed safely below.

THE CANADIAN PRESS

Harper warmly received in Chile

Prime Minister Stephen Harper and Chilean President Sebastian Pinera exchange signed documents during a ceremony at the presidential palace a in Santiago, Chile on Monday. The PM is hoping to use one of Canada's deepest friendships in Latin America to help secure entry into an attractive Pacific free-trade zone. The Trans-Pacific Partnership was one of the key items on the agenda of Harper's meeting with Pinera.

ADRIAN WYLD/THE CANADIAN PRESS

McSalt

New study questions fast-food industry's claims on sodium

Researchers are questioning the fast food industry's efforts to lower the salt content of its menu items, particularly in Canada and the United States.

They say restaurants often cite technical food processing challenges as a reason they're unable to reduce salt.

But a new study published in the Canadian Medical Association Journal is challenging that assumption.

Menu items were compared from major chains around the world and salt levels in Canada and the U.S. were consistently higher than those in other countries.

McDonald's Chicken McNuggets in Canada, contain two and a half times the amount of sodium of their U.K. counterparts.

Researchers argue it's possible to reduce salt and doing so would result in public health benefits.

THE CANADIAN PRESS

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Airline emergency.
Flight returns to London after fire aboard plane

A Virgin Atlantic Airways plane flying from Britain to Florida returned to Gatwick Airport for an emergency landing Monday, forcing over 300 people to evacuate the plane using slides. Four passengers suffered injuries, the company said.

Fire officials said there were reports of a small fire on the plane, an Airbus A330-300, and it flew back to Gatwick about two hours into the flight.

"Due to a technical problem, the captain decided as a precautionary measure to immediately evacuate the aircraft," Virgin Atlantic said in a statement, adding that Flight VS27 to Orlando, Fla. from Gatwick, carried 299 passengers and 13 crew.

The airline declined to provide further details on the four injuries or what exactly caused the emergency. But disputing the fire officials, a spokeswoman for Virgin Atlantic told The Associated Press the flight crew had been debriefed and said they did not see or smell smoke on board.

The airline said it was working closely with authorities to establish the cause of the incident and that Virgin Atlantic CEO Steve Ridgway went to the airport.

THE ASSOCIATED PRESS

Plane detoured

That bomb is just a cellphone

A Delta Air Lines flight bound for the United States made an emergency landing Monday in Dublin because a passenger left a cellphone plugged into a socket in one of the aircraft's restrooms, police and aviation authorities said.

Dublin Airport officials later cleared the Boeing 767-300 travelling from Istanbul, Turkey, to continue its journey to New York's John F. Kennedy Airport after determining that the suspected bomb was just an unattended mobile phone and charger.

THE ASSOCIATED PRESS

Brazilian inmates take guards, visitors hostage

Revolt. Reports say more than 100 released. Prisoners were demanding better living conditions

Prisoners stand on the roof of the Advogado Antonio Jacinto Filho state prison, in Aracaju, Brazil, Monday, after a riot broke out at the facility. ALLAN DE CARVALHO/SECRETARIA DE ESTADO DE SEGURANCA PUBLICA DE SERGIPE/AP

Inmates armed with guns and knives seized control of a prison in northeastern Brazil Monday, taking about 130 visitors and guards hostage.

No deaths or injuries were reported in the revolt that began Sunday at the Advogado Antonio Jacinto Filho prison in the coastal city of Aracaju.

Negotiations took place well into the evening with the penitentiary's 470 inmates, who had initially released more than 40 hostages and one of three guards in exchange for bottles of water, according to the G1 internet portal. It was water and electricity lines were shut off.

Later reports said the prisoners decided to release all hostages after officials agreed to look into their concerns. The Associated Press wasn't able to report by deadline on whether the hostages had been freed. Brazilian TV broadcast images of prisoners, their faces obscured by swaths of fabric, standing on the facility's roof, shouting to the around 150 police officers surrounding the building, as well as the swarms of journalists and passers-by.

G1, the website of the Globo television network, said inmates were demanding a change in leadership at the prison, as well as better treatment and quicker trials.

THE ASSOCIATED PRESS

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Norwegian Anders Behring Breivik, who is facing terrorism and premeditated murder charges, reacts as a video presented by the prosecution is shown in court in Oslo. HEIKO JUNGE/THE ASSOCIATED PRESS

Confessed Norway shooter on trial

Strange start. Man accused of killing 77 people displays unexpected emotions on Day 1 in court

Anders Behring Breivik shed tears as he went on trial Monday for killing 77 people — but not for his victims.

The emotional display came when prosecutors showed his anti-Muslim video.

Dressed in a dark suit and sporting a thin beard, the right-wing fanatic defended the July 22 massacre as an act of "self-defence" in his professed civil war, and sat stone-faced as prosecutors described how he killed each of his victims.

But he was gripped by emotion when they showed a video warning of a Muslim takeover of Europe laden with crusader imagery that he posted on YouTube before the attacks.

"Nobody believes that he cried out of pity for the victims," said Mette Yvonne Larsen, a lawyer representing survivors and victims' families in the court proceedings.

Breivik showed no signs of remorse on the first day of a trial that is expected to last 10 weeks. Eight people were killed in Breivik's bombing of Oslo's government district and 69 were slain in his shooting massacre at the left-leaning Labour Party's youth camp on Utoya island outside the capital.

Breivik has said the attacks were necessary to protect Norway from takeover by Muslims and that he deliberately targeted the governing Labour Party, which he claims has betrayed Norway with liberal immigration policies.

THE ASSOCIATED PRESS

Love story emerges from Norwegian massacre

PETER LINDHOLM
Metro World News in Sweden

On Monday, the trial of Anders Behring Breivik, who admitted to carrying out bomb and gun attacks in Norway last July that left 77 people dead, got underway in Oslo.

While the massacre has spawned mourning and outrage, a tale of love has also emerged. Sofie Tømmerås Lyshagen, 19, and 20-year-old Håkon Knudsen found each other when they swam for their lives to escape from Breivik at the Norwegian island Utøya last July. Metro Sweden spoke with Lyshagen to hear her story.

Sofie Tommeras Lyshagen, left, and Hakon Knudsen. CONTRIBUTED

You lost several close friends at the island.
Yes, I lost Lejla (Selaci), who was my best friend, and Sondre (Kjøren), my former boyfriend. And 20 other friends.

How do you recover after such an event?
I can't answer that. I take one day at a time and for each day it gets a little better. You feel a little better and have some good days.

Where did you meet your boyfriend Håkon?
After Brevik had tried to shoot me I lay in the water when Håkon came swimming. He had been hiding in the woods. We exchanged a few words with each other and were both quite hysterical.

Was it really love at first sight?
I usually say it was love at first dip, but it was really afterwards, when we were safe on land, that the romance began. We felt that the chemistry was good, that we understood and could help each other.

Why have you chosen to go public with your love?
It was the media who started to write about us, but we felt that we wanted to give a different picture of Utøya. There has been so much negative about the island; it has become so black and dangerous. Otherwise, it is the best place on Earth; it has shaped my heart, my political beliefs and has given me lifelong friends. We also want to tell you that this has not broken us.

U.S. security team sent home from Colombia

Prostitute snag. Members of military and secret service accused of throwing wild hotel party ahead of Obama state visit

The top U.S. military officer said Monday the nation's military leadership is embarrassed by allegations of misconduct against at least 10 U.S. military members at a Colombia hotel on the eve of President Barack Obama's visit over the weekend.

"We let the boss down," Army Gen. Martin Dempsey, chairman of the Joint Chiefs of Staff, told a Pentagon news conference.

He said he regretted that the scandal, which also involved 11 Secret Service agents accused of cavorting with prostitutes at the hotel, diverted attention from Obama's diplomacy at a Latin America summit.

The Secret Service sent 11 of its agents home from Colombia amid allegations they had hired prostitutes at a Cartagena hotel.

The military members being investigated were staying at the same hotel, Little said.

Appearing with Dempsey at the Pentagon, Defence Secretary Leon Panetta said U.S. troops are expected to abide by "the highest standards" of behaviour whether they are at home or abroad. He noted that a military investigation is under way and promised that if wrongdoing is confirmed, "these individuals will be held accountable."

Army Col. Scott Malcom, chief spokesman for U.S. Southern Command, which organized the military team that was assigned to support the Secret Service's mission in Cartagena, declined to say how many additional service members are under investigation.

THE ASSOCIATED PRESS

The Pentagon reacts

"We're embarrassed by what occurred in Colombia."

Army Gen. Martin Dempsey, chairman of the Joint Chiefs of Staff, speaking at Monday's Pentagon news conference

Sudanese war planes bomb border town

Two Sudanese Sukhoi fighters dropped six bombs in the Bentiu area, killing five and wounding four others. Sudan and the newly formed South Sudan continued to battle Monday over a disputed oil-rich border area.

MICHAEL ONYIEGO/THE ASSOCIATED PRESS

Tied to the Taliban

Afghan officials pin terrorist attacks on Haqqani network

Afghan officials blamed a brazen series of weekend attacks on the Haqqani militant network, saying Monday that fighters captured in the assault claimed they were affiliated with the insurgent faction tied to the Taliban and al-Qaida.

The 18-hour offensive left 36 insurgents and 11 others dead and was the largest in Kabul since insurgents fired on the U.S. Embassy and NATO headquarters last September.

THE ASSOCIATED PRESS

Racially motivated?

Two accused in deadly Tulsa shooting spree plead not guilty

A judge entered not guilty pleas Monday for two men accused of going on a racially-motivated shooting spree in a predominantly black section of Tulsa over Easter weekend, killing three people and wounding two others.

Jake England and Alvin Watts appeared in Tulsa County District Court via closed-circuit television from jail, where they have been held since their arrests Easter Sunday.

THE ASSOCIATED PRESS

Bunga Bunga trial

Stripper nuns danced for Italian Berlusconi, witness reveals

Girls dressed like nuns in the Sister Act musical and soccer players used to strip for Silvio Berlusconi, said model Imane Fadil, testifying at the former Italian premier's trial on Monday.

He is accused of having sex with an underage prostitute and using his influence as Italian premier in 2010 to cover it up. Fadil says gatherings at Berlusconi's Milan mansion were not respectable but raunchy "bunga bunga" parties.

TORSTAR NEWS SERVICE

CAW seeks auto-sector protection

Trade. Policy-makers need to resolve 'dramatic' imbalance in Canada's international automotive dealings, CAW report says

The Canadian Auto Workers union is calling for an end to free trade negotiations with automaking countries in Europe and Asia unless they first open their markets to Canadian-made vehicles.

The CAW, which has failed to convince successive Conservative and Liberal federal governments to curtail auto imports from countries the union considers to be closed to North American imports, said free-trade agreements with the European Union, Japan, South Korea and Thailand won't help.

"There is no conceivable scenario under which Canadian automotive exports to these countries would be significantly enhanced under a free-trade agreement," the union said in a 50-page report released Monday.

Even government studies show that free-trade agreements with these countries would promote a much larger increase in automotive imports from those countries rather than exports from Canada, the report said in calling for Ottawa to rethink its auto trade policy. THE CANADIAN PRESS

Policy

"Canada is one of the only auto-producing jurisdictions in the world that doesn't have a formal national auto policy. This is a huge weakness."

CAW national president Ken Lewenza

The tower that Trumps them all

Donald Trump and his children, Ivanka and Eric, leave the Trump International Hotel and Tower in Toronto after a ribbon-cutting ceremony on Monday. "The Donald" flew into Toronto on Monday to officially open the new tower, which is Canada's tallest residential building at 65 storeys. VINCE TALOTTA/TORSTAR NEWS SERVICE

Real estate

Vancouver weighs on market as home prices fall

The high-end housing markets of Toronto and Vancouver headed in opposite directions last month as the average price of a Canadian home fell, according to the Canadian Real Estate Association.

Fewer sales over $1 million in Vancouver in March weighed on the national average, while high-end sales in Toronto picked up the pace.

THE CANADIAN PRESS

Market Minute

DOLLAR 100.03¢ US (+0.13¢)

TSX 12,037.59 (-2.8)

OIL $102.93 (+10¢)

GOLD $1,649.70 US (+$10.50)

Natural gas: $2.016 (+3.5¢)
Dow Jones: 12,921.41 (+71.82)

EVER HAVE DAYS WHEN YOU DON'T FEEL LIKE YOURSELF?

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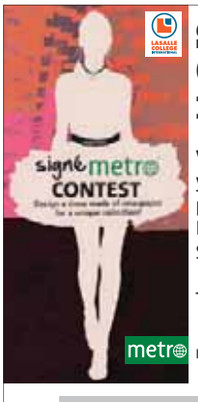

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Name : Lourdes Carla Pierre-Paul (Montreal)
Title : Individuals

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FIFTY SHADES OF GREY AS DULL AS A RAZOR BLADE COMMERCIAL

SHE SAYS...
Jessica Napier
metronews.ca/shesays

This isn't really a book review; think of it as a public service announcement for curious bookworms. I want to warn you to stay away from that new romance novel you've been hearing enthusiastic whispers about. I am, of course, referring to Fifty Shades of Grey by E. L. James, the first in a trilogy of erotic page-turners.

I really wanted to like it. I think it's wonderful when people put down their smartphones long enough to get excited about books, even if those books are dubbed "Mommy Porn." Sadly, despite what the New York Times hype machine has to say, Fifty Shades of Grey is JUST. SO. BAD. Not guilty pleasure bad, but "I'd like my $20 back" bad.

Perhaps I didn't give it a proper chance; after all, covertly skimming racy passages while riding public transit isn't the ideal way to enjoy some erotica. But even though I might have been distracted by my attempts to shield pages from nosy, over-the-shoulder-peering passengers, I don't think reading it in a private setting would have made that much of a difference.

So you want to read erotic fiction?

...with so many completely unbelievable character traits, this girl-next-door turned submissive-sex partner was far too hard to believe, even for fiction.

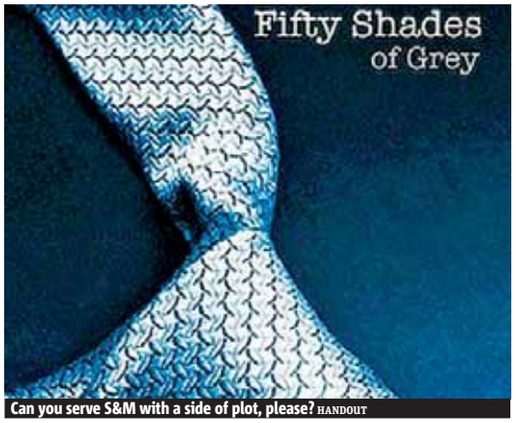
For those who have read the book, it should come as no surprise that it originated from a piece of Twilight fan fiction. It certainly reads that way. If you haven't read it, well I'd say "Spoiler Alert" but frankly there is hardly an actual story to spoil. I don't know about you, but I like a side of plot with my S&M interludes.

I assume it is common practice to give romance heroines completely ridiculous names, so I'll forgive Anastasia Steele for her eye-roll-worthy moniker. But with so many completely unbelievable character traits, this girl-next-door turned submissive sex partner was far too hard to believe, even for fiction.

Anastasia is of course astonishingly attractive and adored by all of the men around her while being entirely insecure. As a 24-year-old college graduate she has somehow never been drunk or owned a computer. She begins the novel as a virgin and her first time is obviously phenomenal because that's totally realistic. Finally, and this is maybe what bothered me the most, she is never hungry despite the numerous cardio-heavy sex scenes.

The distractingly bad writing and Anastasia's constant references to her 'Inner Goddess' made most of the supposedly steamy encounters as arousing as a television commercial for Venus razors.

Needless to say, suffering through 500 pages of this heroine's inner dialogue was torturous, and not in the intended, sexy kind of way.



Can you serve S&M with a side of plot, please? HANDOUT

Look guys, no hands

JONATHAN SCOTT

Dry den

Umbrella that frees your hands

For the man who has everything ... it's a hands-free brolly! The Nubrella, the "world's only patented hands-free and wind-resistant umbrella," is set to become a sales hit, especially among avid cyclists undeterred by inclement weather conditions.

Other popular usages of Nubrella, its creator says, include "pushing a wheelchair, standing in long lines and outdoor workers who can't hold an umbrella."

METRO

60 seconds

Alan Kaufman

'By accident'

Alan Kaufman, inventor of the Nubrella, explains to Metro the ins and outs of his creation.

How did you come up with this unusual umbrella?

I came up with the idea when living in New York City when I recognized the problem of umbrellas and wind. We thought of a product that's both aerodynamic and capable of withstanding strong winds. The hands-free came by accident during the design, yet has turned out to be the game-changer.

Has this been certified as roadworthy for cyclists?

There is no obligation from any government agency as we make no claims of safety. People can choose to use it where they want.

ANTHONY JOHNSTON

Speed dome

80 km/h

is the maximum speed of winds the Nubrella is tested to resist. Weighing more than one kilogram, this bubble-shaped rain-repelling contraption works by strapping on a shoulder support and extending a canopy around the head. One Nubrella will set you back $60.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Live-tweeting a marriage proposal — good idea or bad idea?

71% BAD IDEA, IT SHOULD BE A PRIVATE MOMENT

29% GOOD IDEA, IT'S THE MODERN-DAY VERSION OF SHOUTING YOUR LOVE

Twitter

@ClaySt Thomas: Acknowledging the odds of the #Canucks surviving the series doesn't make you a bad fan. The dismissive, sneering tone makes you a bad fan.

@FarhanLaljiTSN: Sign at #LAKings practice facility: "To everyone in LA, #canucks fans sold out the Staples Center. You're welcome" #tsn

@ThomasDrance: I have a word for #Canucks fans and Vancouver media running Vigneault out of town, @Harrison-Mooney. That word is: typical.

@VanCanucks: It's been one shocking moment after another in LA, with hopefully more shock to follow. http://bit.ly/IOSn9I #Canucks #reversesweep

@canuckshockey: I never thought I'd see the day that everyone EXCEPT for the goalies get blamed for #Canucks woes.

metro

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2

SCENE

Scene in brief

Court upholds Stamos blackmailers' convictions

A federal appeals court has upheld the convictions of a man and woman from Michigan's Upper Peninsula who were accused of trying to blackmail actor John Stamos. A three-judge panel in Cincinnati rejected challenges to the indictment Monday as well as claims that Allison Coss and Scott Sippola should have received a break at sentencing for accepting responsibility. They were sentenced to four years in prison in 2010 after a jury convicted them of conspiracy and using email to threaten a person's reputation.

THE ASSOCIATED PRESS

On the web

Jack White to live stream New York concert with Gary Oldman directing

Fan-made TV merchandise

When you become a diehard fan of a TV show, you want to find out everything about the program. It takes a truly obsessed fan to want to buy everything related to it. Enter Etsy, the handcrafted and vintage item website that sells any quirky art project that might tickle your fancy. Among the arsenal of items includes some interesting pieces that only a true fan could create.
Are you curious to see what we mean? Check out the items below:

METRO WORLD NEWS
scene@metronews.ca

Top Gear Stig cufflinks

You can't own the cars featured on Top Gear. Heck, you can't even drive them. But, you can rock Stig on your sleeves as you cruise down the street.

Big Bang Theory bracelet

Keep your fellow nerds on hand (on your wrist) by wearing this charm bracelet, featuring the main characters of the show.

True Blood necklace

You won't be able to end the debate between Sookie's two vampire lovers. If only the necklace said the opposite on the other side, just in case you were feeling Bill was more suited for the Bon Temps beauty that day.

Heisenberg Blue Glass Rock Candy

Want a taste of the blue that Walter White from Breaking Bad cooks up? Try this blue glass rock candy. Warning: It may be addictive.

Downton Abbey cross stitch pattern

Nothing proclaims you're down with Downton Abbey like this pattern featuring the cast of the show. Stitch away as you unravel the complexities of North Riding of Yorkshire.

Glee magnets

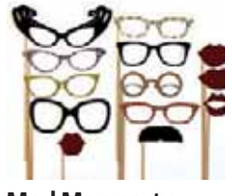
Decorate your locker with these Glee magnets, and you'll be the coolest gleek in the school. Too old for a locker? Put these on your refrigerator and reminisce about your days in the glee club.

Doctor Who TARDIS-inspired men's tie

The doctor is in… your wardrobe! With this fashionable tie, you'll do the Time Lord proud.

The Stallion Who Mounts the World onesie

While Daenerys from Game of Thrones couldn't have her little stallion, you can show off yours with this cute outfit that will make your Dothraki warrior prince or princess all the rage.



Mad Men party on a stick

For your next Mad Men themed viewing party, wear these handy costume props and go incognito as one of those background characters that helps Sterling Draper Cooper Prince run as smooth as that glass of whiskey.

South Park hats

Grab three friends (or two friends, that silent kid and that frenemy) and wear these crocheted creations throughout the year, day in and day out.

DVD reviews

Mission: Impossible - Ghost Protocol

Director. Brad Bird

Stars. Tom Cruise, Jeremy Renner, Simon Pegg

●●●○

Ghost Protocol is the fourth movie adaption of the 1960s Mission: Impossible TV series. But it doesn't feel like it. Tom Cruise stars again as Ethan Hunt, yet something has changed for the better. Instead of the convoluted dramas of impossible missions past, this is more of a convoluted comedy. Brad Bird, who directed The Incredibles for the Pixar 'toon factory, brings an antic, superhero sensibility to his first live-action directing assignment, making Ghost Protocol feel like a series reboot.

PETER HOWELL

Shame

Director. Steve McQueen

Stars. Michael Fassbender, Carey Mulligan

●●●○

Shame is anything but romantic. Brandon (Michael Fassbender) is obsessed with sex. Perpetually aroused, he seeks constant release through sexual activity of all kinds — one-night stands, hookers, Internet porn — but he is never fulfilled. He yearns for genuine human contact, but is apparently incapable of it. McQueen's powerful sophomore work, which he co-wrote with Abi Morgan (The Iron Lady), is not just about sex. It packs a subtle message about the fraying of human connections in the modern world. **PETER HOWELL**

The horror, The Horrors

Future sounds. The Horrors channel the original spirit of punk by shying away from music movements and carving out their own sound

CHRIS LEO PALERMINO
Metro World News in Boston

When referring to The Horrors, don't use words like "post-punk" or "revival." Rhys Webb, bassist for the U.K. band, emphasizes that they're trying to make music with the original spirit of punk.

But even that term might hold limitations.

"As far as we're concerned, we just want to make music for the future," says Webb. "We want to make music that people haven't heard before."

Their third album, Skying, which hit No. 5 on the U.K. charts last year, embodies the punk aesthetic and musically runs the gamut from psychedelia to no-wave.

"We've just wanted to make it trashy. We wanted to play garish music like [the original] punks saw," says Webb.

Starting in the midst of a scene typified by Joy Division- and Gang Of Four-inspired post-punk, The Horrors strove to make their own footprint.

"Our own connection is that we had nothing to do with it," says Webb of the London scene, "but we were part of it because we didn't like what we were hearing. The whole thing has been a constant organic progression."

Since their beginnings in the underground, The Horrors have become a household name in their homeland, developing their sound and playing elite festivals in the U.K.

"But, we don't make pop music for other people to enjoy it," insists Webb.

"Our approach is not different than other bands playing to 50 fans once a month: Basically we try and do the things that make us an underground band."

The Horrors are already a household name in the U.K. GETTY IMAGES

Modesty

This band stays grounded

While the band has grown in popularity regardless of their attitude, they haven't changed their priorities. "We're not a band thinking that we're big; it's never really something that we enter in our mind," says Webb. "The great thing about this band is that the people that come out and see us really love us," he adds.

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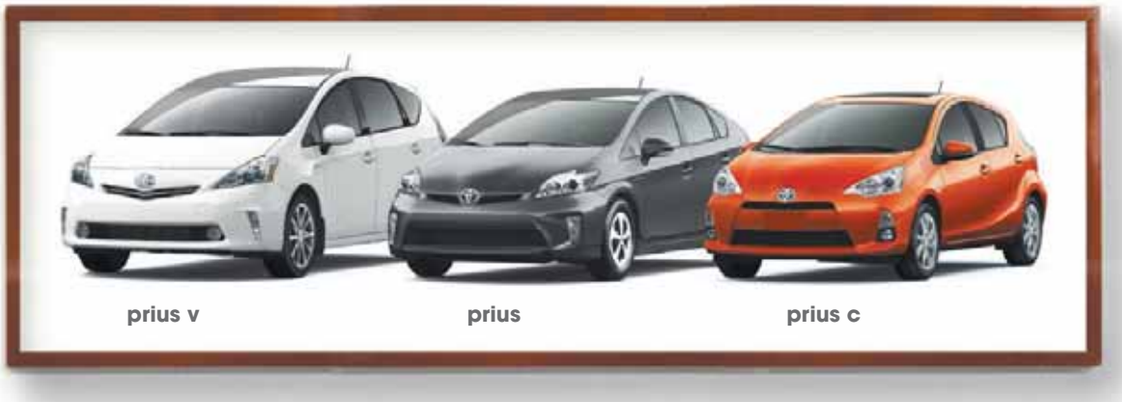

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Brad Pitt and Angelina Jolie ALL PHOTOS GETTY IMAGES

After delaying marriage in defiance of Prop 8, is Brangelina giving up?

Angelina Jolie and Brad Pitt are now engaged to be married, but what about their earlier claims that they would not tie the knot until everyone in the U.S. — including gays and lesbians — had the same right? Looks like they got tired of waiting. But Rebekah Orr of Equality California still supports the famous couple. "Marriage is something that says, 'We're a family' in a way that nothing else can," she tells TMZ. "No one has to deny that for themselves or their family to prove they are an ally and supporter of equality." Besides, Jolie and Pitt have already showed their support several times over, contributing more than $1 million to the fight against California's Proposition 8, which outlawed same-sex marriage in the state.

Twitter

@ParisHilton
DJ's are the New Rock Stars!

@ricky_martin
today I'm happy but with the kind of happyness that makes you wanna sleep naked. So 2nite.... naked will B! gd nite everyone ZZzzz

@SarahKSilverman
What if we definitively found out there's no God or Allah or anything? Would there be more killing or less? Discuss

@SethMacFarlane
You guys know who Cecil B. DeMille was? No? Okay, that's okay, I've got a tweet about him but never mind.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Pippa get your gun?

THE WORD
Dorothy Robinson
scene@metronews.ca

Pippa Middleton could face prosecution for her involvement in an incident in which a male friend brandished a semiautomatic handgun at a photographer in Paris, according to the Sun.

A photo taken by the paparazzo shows Middleton — the sister-in-law of Prince William — grinning in the passenger seat of a convertible as the driver aims the firearm at the camera.

Paris police officials are expected to launch an investigation.

"If the evidence points to her involvement, she will be prosecuted.

Anybody involved in the illegal use of a handgun in public is liable to arrest and interrogation," a source says, adding that if the gun proves to be real, brandishing it in a public place is punishable by up to seven years in prison "for all parties involved" (including Middleton's friend, fashion mogul Arthur de Soultrait, who was in the backseat of the car).

If it was a fake gun, the maximum sentence is two years.

Wait. You can get two years in prison for showing off a fake gun in France?

And here I thought their attitudes towards fat people were harsh.

Cory Montheith

Co-stars gleefully in love at Coachella

Glee co-stars Lea Michele and Cory Monteith took their real life romance to the Coachella music festival this weekend, according to Us Weekly.

Montheith arrived after Michele at a VIP pool party — but reportedly made up for his tardiness with some public displays of affection. "He tapped her on the shoulder and she was so excited to see him, she threw her arms around him and they hugged and kissed on the lips," a source reports, adding that the couple then retreated to a private cabana.

"Their arms were constantly around each other and they were talking very close. They definitely looked like a couple with how affectionate they were being in public."

Michele wasn't shy about her excitement online, either: "I just saw a really hot 6-foot-3 Canadian with a tribal arm band hanging by the pool," she posted to Twitter when he arrived.

"So happy."

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3 LIFE

Health minute

Big breasts at risk

Women aged 50 and over with dense breasts (high percentage of dense tissue) have a higher risk of breast cancer recurrence than women with less dense breasts. Researchers at the Karolinska Institute in Sweden believe that the extra tissue means more cells, and more cells lead to an increased risk of developing cancer. METRO WORLD NEWS

Health minute

Green coffee beans

Scientists are suggesting that green (unroasted) coffee beans can help with rapid weight loss. Expect a new blend to hit the shelves, stocked in the diet, not the tea and coffee aisle. METRO WORLD NEWS

On the web

Antibiotic-resistant bacteria found in ancient cave could be source of new drugs

Take the bad habits challenge

Do you work out or opt to sleep in? Charles Duhigg, author of The Power of Habit, puts you to the test

ROMINA MCGUINNESS
Metro World News

Take the quiz and then get out there and break those bad habits. ISTOCK PHOTOS

1. When you feel an urge to eat a cookie, you:
A. Ignore it and power through the task at hand.
B. Tell yourself that if you can answer the emails in your inbox, you can get a chocolate chip treat.
C. Start looking for an excuse to go to the cafeteria.
D. Run to the cookie tray in the break room.

2. When you see a donut box sitting on a counter, you:
A. Engage in a stoic mantra of self-denial. ("I am stronger than the donuts. I am stronger than the donuts.")
B. Distract yourself by thinking of how great you'll look on the beach if you skip it.
C. Start craving a jelly-filled treat, even if you just ate a big breakfast.
D. Excuse me while I wipe this powdered sugar off my chin.

3. Every morning you:
A. Go for a run, no matter the weather. Once, you ran through three feet of snow. And a hurricane.
B. Eat something healthy and, if you have some extra time, stretch or exercise.
C. Glance longingly at your workout clothes, and then eat a waffle in front of the television.
D. Morning? I haven't been awake during the morning in years.

4. When you want to create a new habit, you:
A. Program your mind circuitry with a new algorithm.
B. Figure out a cue to trigger a new behavior, and a reward to give yourself afterwards.
C. Write a note that says, "Remember your new habit!" and tape it on the mirror.
D. Decide that a new habit sounds like too much work.

5. To start training for a triathlon, you:
A. Cut back on your daily runs — you're already prepared for the Ironman. And a normal triathlon is child's play
B. Come up with a training plan and figure out why you're likely to miss training sessions — and what you will do when you encounter those 'inflection points' that interfere with your plans.
C. Tell your sister you have signed up for a triathlon, and then forget to train.
D. Sell your entry on eBay.

6. When you are sitting at a restaurant eyeing the basket of dinner rolls, you:
A. Ignore it effortlessly. You haven't eaten a single carb in 12 years.
B. Put the rolls out of your line of sight, so they won't tempt you.
C. Pour salt all over the rolls, and then pepper.
D. Eat all the rolls you can stuff into your mouth, and then put the extras in your pockets.

7. If you are worried that you are drinking too much, you:
A. Never have another alcoholic beverage as long as you live.
B. Try to figure out why you are having a glass of wine every night. Because you have trouble relaxing? Because it helps cap the day? And then, find something else that provides you with the same reward, but doesn't include as much alcohol.
C. Switch from cocktails to half of an after-dinner glass of wine or beer.
D. Abandon liquor for hard drugs.

8. After having a child, your top priority is:
A. How many gold medals will my child win? If it is less than 10, I will consider myself a failure.
B. Teaching them willpower habits, like making their bed each morning, which will eventually help them do their homework on time.
C. Doing everything I can to model healthy and happy habits in my marriage and life.
D. Disproving paternity.

Scoring key

Give yourself 1 point for every "A", 2 points for every "B", 3 points for every "C" and 4 points for every "D"

- **8 points:** You are a cyborg. Don't worry about your habits — everything depends upon your programming. Your chiseled abs are the envy of everyone else.
- **9 to 16 points:** Congratulations! You understand that habits can be designed and changed. You have spent time learning that every habit has a cue and a reward — and that if you choose the correct cue, and deliver the right reward, you can remake any pattern.
- **17 to 24 points:** You have learned to control some of your habits, but not all of them. The key is to diagnose your cues and rewards, and remake the patterns in your life.
- **25 to 32 points:** Don't worry, bro. Just keep playing video games. Jobs are overrated. Besides, why would you ever want to move out of your parents' house?

UBC HELPING OVERWEIGHT TEENS
UBC researchers are recruiting 11-16 yr olds and their parents to participate in a weight loss study.
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Coquitlam City-Wide Garage Sale
April 21, 2012 - 9:00 a.m. to 1:00 p.m.
In honour of Earth Day, promote community recycling by visiting some of the registered garage sales throughout Coquitlam.
Before you leave the house, check out **www.coquitlam.ca/recycling** for garage sale locations, maps and a list of items that each of the participating locations will be selling!
Promote Community Recycling!
Coquitlam

Le Parisien serves a taste of French faves to Vancouver's West End

Albacore Tuna Tartare ($12). ERIN IRELAND

LUNCH RUSH
Erin Ireland
life@metronews.ca

The West End's brand new French bistro is about as authentic as they come here in Vancouver.

With a menu boasting three tartares, roasted bone marrow, a cassoulet and more, the chances of finding your favourite French dish are high.

Le Parisien is the informal sister of Bistro Pastis, owned by John Blakely, whose first serving job in our city was, serendipitously, at the 751 Denman St. location (then Cafe de Paris).

Executive chef Tobias Grignon has created several original dishes.

One such option is an Albacore Tuna Tartare that was pretty as a picture, riddled with toasted pine nuts and oven roasted tomatoes, and topped with a hefty dollop of delicious olive and caper tapenade.

The strong flavours dominated nicely over the tuna, which didn't taste top notch.

The Salade Lyonnaise arrived with a whiff of truffle oil. Lean house cured bacon peeked out from the escarole, a soft poached egg perched on top.

Crunchy house-made croutons dipped in yolk was a highlight, as was the helpful service.

Visiting the restaurant

Le Parisien

Address. 751 Denman St.

Phone. 604-687-1418

Website. leparisien.ca

Rating. 3.5/5

Price range. $$

Reservations. Yes

Client negotiations. Yes

Lunch with co-workers. Yes

Social lunch. Yes

Mashed Carrots. This colourful side dish is a great addition to dinner

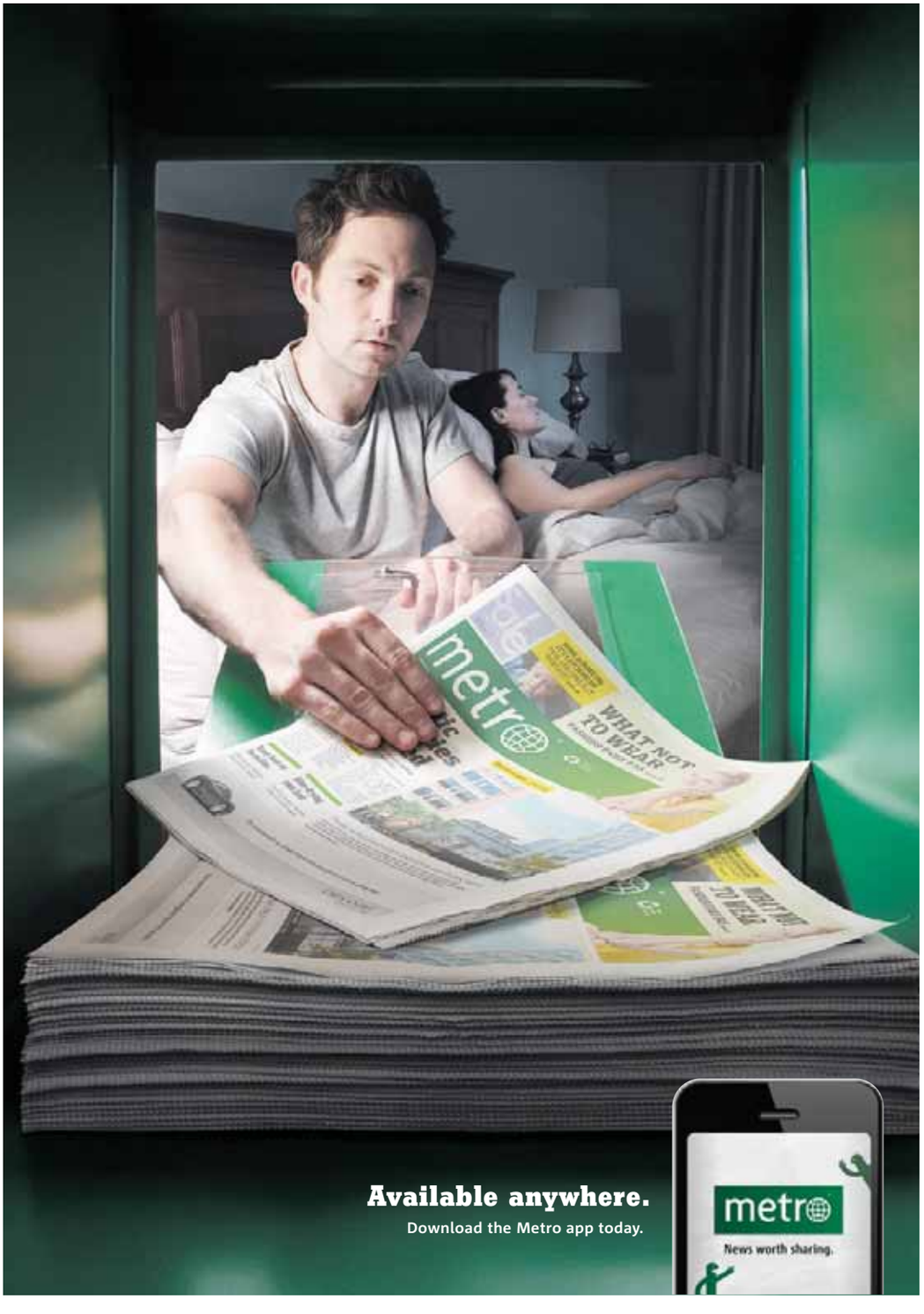
1. In a saucepan over high heat, bring about 2.5 cm (1 inch) of water to a boil. Add the carrots; cover and reduce heat to simmer. Cook for 10 to 15 minutes or until the carrots are very tender. Use a slotted spoon to transfer carrots to a food processor.

2. Add butter, milk and cumin, then process for about 2 minutes or until very smooth, scraping down sides a few times while processing. Season with salt and pepper to taste.

THE ASSOCIATED PRESS / ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA

Ingredients

- 1.5 kg (3 lb) carrots, peeled and cut into chunks
- 60 ml (4 tbsp or 1/2 stick) butter
- 125 ml (1/2 cup) milk
- 5 ml (1 tsp) ground cumin
- Salt and ground black pepper



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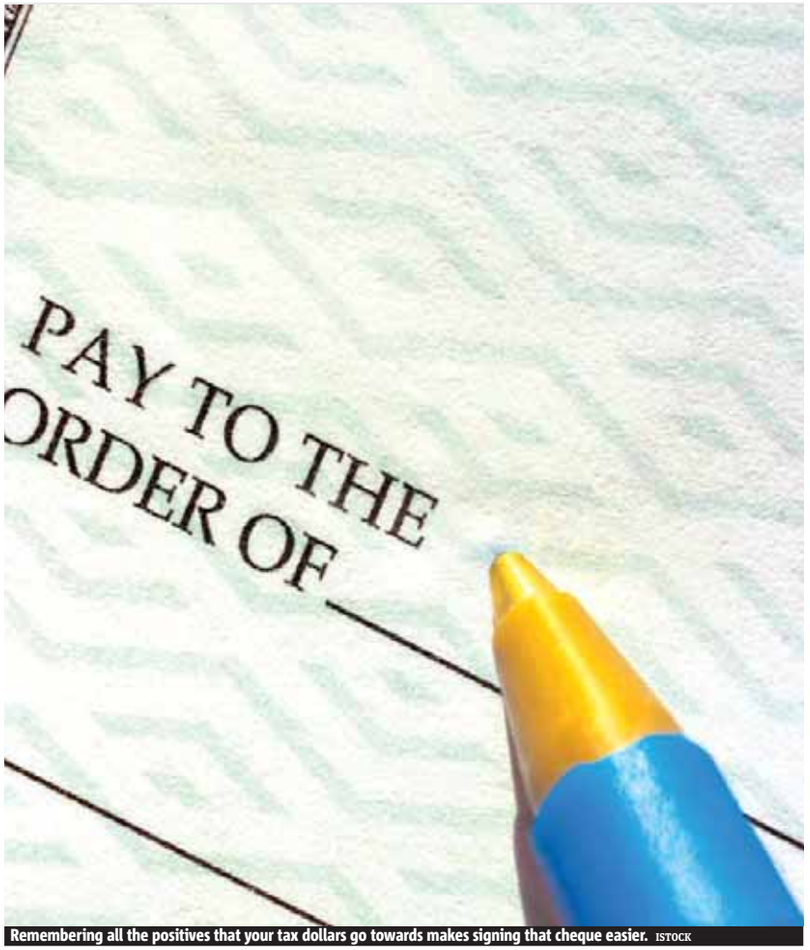

Remembering all the positives that your tax dollars go towards makes signing that cheque easier. ISTOCK

Five reasons to feel good about filing your return

Tax time. Things to keep in mind that make parting with your money less painful

YOUR MONEY
Alison Griffiths
money@metronews.ca

My tax return is finished and I'm happy about that.

But I'm going to pay more income tax than expected. I'm not at all happy about that.

Nor does it please me that I still have to work until early June before Tax Freedom Day, after which the money I earn goes to me, rather than the government.

After stamping my feet for a bit, I reminded myself that taxes are the cost of having a civilized society. So I came up with five reasons to feel good about the government bite.

1. Unless you are Mitt Romney, it means you have a paying job! And that's nothing to sneeze at these days.

2. You're getting something in return. I like Americans and own a home in Florida, but an appalling number of my U.S. friends have an aggressive me-first attitude. They seem to think that society will simply run itself without taxes and government.

3. I'm helping care for those who need help. We are our brothers' and sisters' keepers. Canada still has a social and medical services safety net and, though not perfect, it's a lot better than nothing. Taxes make that possible.

4. When you pay more tax it means you are earning more money. A wise chartered accountant once said to me that it is better to earn more and pay more tax than be stuck at the bottom of the income ladder

5. It's less than it used to be. Marginal tax rates for the middle-income crowd ($42,000 to $85,000) have dropped from 26 per cent in 1998 to 22 per cent in 2012.

Feel better now? There is, of course, much waste and inefficiencies at all levels of government.

We should not focus on slashing, spending and lowering taxes, which is our current government's obsession, but on using those tax dollars more wisely.

We are, in large part, a kind country, and tax is the price of keeping it that way.

Alison's rule

"We all hate to pay taxes, but we'd all hate to live in a country where they don't exist."

By the numbers

20%

The proportion of the average household's budget that goes to taxes (not including GST or HST).

Advice

Tips for tipping

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Hi Charles,
I have a question about tipping when ordering food for delivery from a restaurant. What is the appropriate amount to tip the delivery person? Also, should this be adjusted based on whether the restaurant adds a delivery charge, or whether they have a separate, higher-priced menu for delivered food instead of a delivery charge? I also live in a condo ... does this make a difference? I find no one really knows how much to tip, except that it seems it should be less than in a restaurant.
Thank you, Susan

Dear Susan,

Firstly, the fact that you live in a condo has absolutely nothing to do with how much you should tip for any delivery service.

Secondly, some restaurants charge a delivery charge as you mentioned, however rarely if ever do these go to the driver, and to your final point, sometimes restaurants have a higher-priced takeout menu as this covers either packaging costs and or fees with a third party that they work with for the takeout delivery service.

So now the final part of your question, how much!

I personally always give 10 per cent for deliveries, while in a restaurant with full service I would give a gratuity of 15 to 20 per cent.

I also have consulted with several etiquette colleagues who agree with the 10 per cent suggestion. Now remember a tip has to be earned — the driver should be on time, polite, friendly and the food should be delivered hot.

Remember it is OK to reduce the amount of a tip based on poor service and if service is bad, remember to call the restaurant to let your concerns be known.

A 10-per-cent tip seems fair for a delivery person. ISTOCK

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Sports in pictures

1 Soccer. Muamba leaves hospital

Fabrice Muamba was discharged Monday from the hospital where the Bolton midfielder had been treated since collapsing from a cardiac arrest during a game March 17. THE ASSOCIATED PRESS

2 NFL. Peyton joins Broncos

Peyton Manning arrived Monday at the Denver Broncos headquarters for the start of off-season workouts. THE ASSOCIATED PRESS

3 Tennis. Raonic ousted in Monaco

A comeback fell short for Canadian Milos Raonic in a 6-2, 3-6, 6-3 loss to Spain's Albert Montanes at the Monte Carlo Masters on Monday. THE CANADIAN PRESS

Goalie Cory Schneider, David Booth, front, and Kevin Bieksa of the Vancouver Canucks react as fans cheer Dustin Brown's goal for the Los Angeles Kings in Game 3 on Sunday in Los Angeles. Vancouver hopes Daniel Sedin can take to the ice in a must-win Game 4 on Wednesday. STEPHEN DUNN/GETTY IMAGES FILE

Daniel Sedin ready to practise in L.A.

NHL. Canucks' 30-goal scorer joining team but no word on whether he'll play in Game 4

After missing 12 games with an apparent concussion, Daniel Sedin will be with his Vancouver Canucks at their next practice.

Vancouver's top goal-scorer is coming to Los Angeles just in time to witness either a stirring comeback or a shocking fall.

"It'll be great to have him back, even if it's just in practice," goalie Cory Schneider said Tuesday outside the Canucks' seaside hotel. "In a series where goals are hard to come by, a 30-goal scorer would be huge."

The Canucks don't know if Sedin can play in Game 4 on Wednesday night, but they certainly could use the Swedish twin's scoring skills after they managed just four goals during three losses in five days.

The eighth-seeded Los Angeles Kings have pushed the NHL's best regular-season team to the brink of elimination with a stretch of tenacious play accented by a few lucky bounces, including a rebound that went right to captain Dustin Brown for the only goal in Game 3.

The Kings attribute their incredible playoff start to chemistry that takes months to build and days to unravel. The Canucks can relate: Sedin and his brother, Henrik, form one of the NHL's most potent scoring tandems, and Daniel's absence forces many small changes that can add up to a big mess.

"Obviously right now, because Danny's not there, we've got quite a few guys playing out of their best possible position to help out this team," Vancouver coach Alain Vigneault said. "You go through that in the regular season, but with the level of competition that we're up against and the situation we're faced with, for him to be back in our lineup would obviously be a big boost."

Quoted

"If we can play on Wednesday the way we played (in Game 3), if we can get a bounce and get to their guy a little bit and win one game, it's going to go quick." Canucks captain Henrik Sedin

Henrik Sedin clearly isn't at his best without his brother alongside. The playmaking specialist managed just one shot and lost 13 of his 18 faceoffs in Game 3, and Brown flattened him with a shoulder hit in the second period, briefly sending him to the locker-room.

"We knew it was going to be like this," Sedin said. "I mean, we weren't hoping to be down 3-0, but we are. It's about how you respond."

The Canucks spent Monday trying not to ponder their predicament. Although three of the last six Presidents' Trophy winners have lost their first-round playoff series, Vancouver is one game away from becoming the first team in the expansion era to fail to win even one post-season game after finishing with the NHL's best regular-season record. THE ASSOCIATED PRESS

4 SPORTS

Figure skating

Chan's coach resigns

Canadian figure-skating star Patrick Chan has lost a coach. American Christy Krall, widely credited with helping Chan acquire the quad jump that has propelled him to the top of the podium, has resigned citing a difference in coaching philosophies. "Things were switching inside the dynamics of my partnership with Patrick," Krall said. She said her role had diminished while Chan's other coach, Kathy Johnson, a modern-dance teacher, had assumed a larger role. THE CANADIAN PRESS

On the web

After an off-season of ownership turmoil, the Los Angeles Dodgers have managed to surge out of the gate to a 9-1 start. And NL MVP runner-up Matt Kemp says the Dodgers "can definitely get higher." Scan the code for the story

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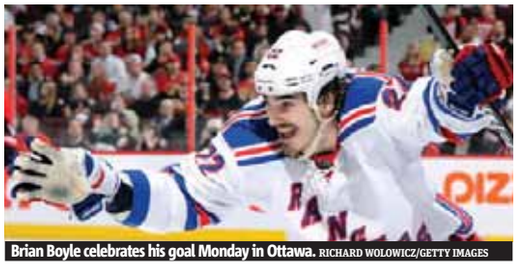
NHL. Rangers get one more save than Senators



Brian Boyle celebrates his goal Monday in Ottawa. RICHARD WOLOWICZ/GETTY IMAGES

Brian Boyle scored the winner as the New York Rangers defeated the Ottawa Senators 1-0 Tuesday night to take a 2-1 lead in their best-of-seven Eastern Conference quarter-final series.

Henrik Lundqvist earned the shutout stopping 39 shots, while Ottawa's Craig Anderson stopped 22 shots.

Lundqvist's biggest save came in the last minute of regulation, robbing Kyle Turris with a quick pad save.

The Senators were forced to play without captain Daniel Alfredsson who continues to suffer the effects from a hit to the head by Carl Hagelin in Game 2. Bobby Butler replaced Alfredsson.

THE CANADIAN PRESS

NHL

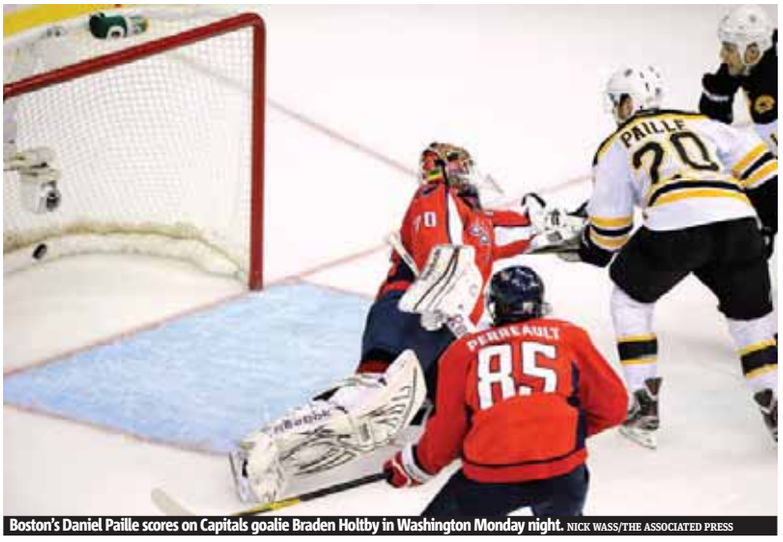
Blues beat Sharks, take 2-1 series lead

Andy McDonald scored one goal and set up another in the second period to help the St. Louis Blues regain home-ice advantage in their first-round series against San Jose by beating the Sharks 4-3 in Game 3 on Monday night.

Patrik Berglund, Jason Arnott and Alexander Steen added power-play goals, and Brian Elliott made 26 saves in place of injured Jaroslav Halak as the Blues won their second straight following a double-overtime loss in Game 1. THE ASSOCIATED PRESS

Goals start to flow as Bruins one-up Capitals

NHL. Boston manages to put four past Holtby to take series lead



Boston's Daniel Paille scores on Capitals goalie Braden Holtby in Washington Monday night. NICK WASS/THE ASSOCIATED PRESS

Zdeno Chara scored the tie-breaking goal during four-on-four play with less than two minutes left, and the reigning Stanley Cup champion Boston Bruins finally solved playoff rookie goalie Braden Holtby, beating the Washington Capitals 4-3 Monday night to take a 2-1 lead in the first-round series.

Chara's shot from the right circle appeared to get deflected on its way past Holtby. The Bruins captain also had two assists.

Tim Thomas, last season's playoff MVP, made 29 saves and ignored the taunting from fans who held up photos of U.S. President Barack Obama, reminding Boston's goalie that he turned down a trip to the White House in January with his teammates.

Game 4 is Thursday in Washington before the series shifts to Boston for Game 5 on Saturday.

Brian Rolston, Rich Peverley and Daniel Paille also scored for the Bruins.

Alex Ovechkin, Alexander Semin and Brooks Laich got Washington's goals. Laich scored on a breakaway with six minutes left to make it 3-3, but Chara came through with 1:53 remaining for second-seeded Boston.

Holtby, who blocked 72 of 74 shots through the first two games, was good but not great Monday, making 25 saves.

THE ASSOCIATED PRESS

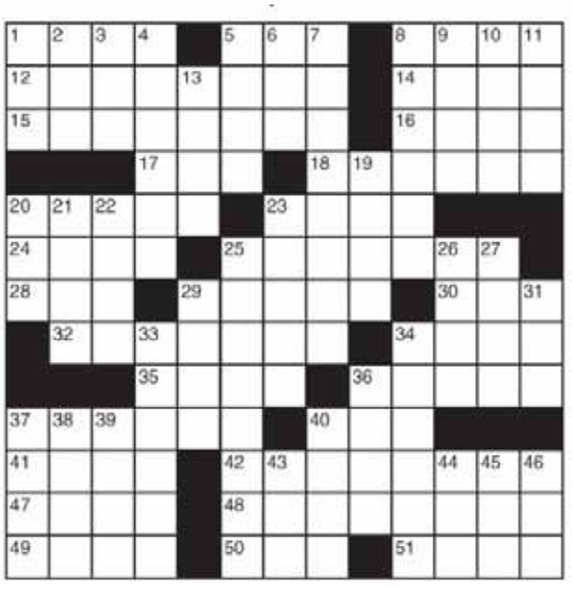
Crossword

Across

1 Spirited horse
5 Needlefish
8 Roe provider
12 Collection of information
14 Cab
15 Like some grapes
16 Hold the scepter
17 Dolores — Rio
18 Act of grooming oneself
20 Tartan pattern
23 Incursion
24 Mysterious letter
25 Foolish
28 Superlative suffix
29 Hereditary bits
30 Atmosphere
32 Bad with a bat
34 Pre-swan
35 Croupier's tool
36 Charmer's pet
37 Turn into
40 [Uncorrected]
41 Beige
42 Unnecessary
47 Fleet component
48 Carriage
49 "It's good — the king"
50 Tackle moguls
51 — ex machina

Down

1 Billboards
2 Actress Charlotte
3 Dined on
4 Villain
5 Author Greene
6 Donkey
7 Paraphrases
8 Pace
9 Amount of booty
10 Wheel-base terminus
11 Regimen
13 Evidenced a pinprick
19 Rembrandt's supply
20 Opposite of "post-"
21 Luxurious
22 Con
23 Rid of lather
25 Saturdays and Sundays
26 Long story
27 Fabric made by worms
29 Glitz
31 Deli bread
33 Acting company
34 Naked
36 Faction
37 Top-rated
38 Reverberate
39 Nursery item
40 Big rig
43 "A mouse!"
44 Compass letters
45 Old French coin
46 4th-yr. students



Sudoku

					6	3	1	
9		8	2			6		
				1				
4							7	5
8	5		4		7		9	3
2	9							8
				6				
		3			8	9		7
	8	2	7					

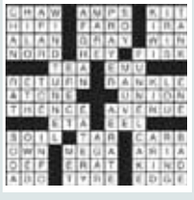
How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

2	4	3	9	1	8	6	7	5
8	9	5	2	6	7	3	4	1
6	7	1	3	4	5	8	2	9
9	3	7	4	8	2	5	1	6
5	6	4	1	7	3	9	8	2
1	2	8	6	5	9	7	3	4
3	1	2	7	9	6	4	5	8
4	5	9	8	3	1	2	6	7
7	8	6	5	2	4	1	9	3

Yesterday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

DN KLR ZDJC UN LWBSFTMZA LTX T BTQR UNNASYDJC, HUWQX LR FR MTQQRX KLR SYDJMR UN HLTQRA?

Yesterday's Cryptoquip: WHEN SOMEONE ANSWERS "NO" TO "WILL YOU MARRY ME?", I SUPPOSE THAT'S PROPOSITION OPPOSITION.

Today's Cryptoquip Clue: N equals F

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today 11°/7° Variable
Wednesday 11°/7° Rain 60%
Know what the weather will be 14 days from now.
Check the 14 day trend.
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Horoscope

Aries | March 21 - April 20. You may be tempted to ignore a colleague's advice today and take the kind of risk you would normally prefer to avoid.

Taurus | April 21 - May 21. Although you are tempted to force through changes you know other people won't approve of, it might be better to wait and see how things develop.

Gemini | May 22 - June 20. All things are possible if you truly believe.

Cancer | June 21 - July 22. Find a quiet, secluded place and listen to your own inner voice.

Leo | July 23 - Aug. 22. Ignore those who say you should discuss what you are planning to do and just get on and do it.

Virgo | Aug. 23 - Sept. 22. The planets urge you to think before you act and act only if you really have to.

Libra | Sept. 23 - Oct. 22. Everything will work out for the best in the end — somehow it always does.

Scorpio | Oct. 23 - Nov. 21. You can usually be trusted to think logically and not let your emotions get the better of you, but that could be difficult today.

Sagittarius | Nov. 22 - Dec. 21. Refuse to get involved in anything you have doubts about.

Capricorn | Dec. 22 - Jan 20. Try not to say anything that might upset the people you work with, especially those in positions of authority.

Aquarius | Jan. 21 - Feb 18. Even minor disputes could get out of hand today, so make a promise to yourself right now that, whatever the provocation, you will greet everyone with a smile and not let negative words get under your skin.

Pisces | Feb. 19 - March 20. Everyone knows how sensitive you can be but even by your standards you will go over the top today.

SALLY BROMPTON

Caption Contest

"Wait a sec ... which way???"
Elizabeth

TODD YATES/CORPUS CHRISTI CALLER-TIMES, THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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BLAH HURT NUMB ANGRY ANXIOUS DOWN NOT myself TODAY
EVER HAVE DAYS WHEN YOU DON'T FEEL LIKE YOURSELF?
Find out why paying attention to those feelings is an important part of dealing with your mental health, and why mental health in Canada must change.
partnersformentalhealth
TAKE THE PLEDGE AT NOTMYSELFTODAY.CA

Jewellery Close-Out Sale!

All jewellery priced at below wholesale

Gold jewellery from $20.00 and up!

14kt yellow gold ring with cabochon cut 19.1 carat star sapphire and 18 diamonds (cttw=0.45), 8.7 grams
Appraisal value: $3,800.00
J&M Regular Price $1,699.00
J&M Sale Price $1,105.00

14kt white gold earrings with contoured bandeau fronts and 86 diamonds (1.16 cttw), 7.9 grams
Appraisal value: $2,400.00
J&M Regular Price $925.00
J&M Sale Price $604.00

Our huge selection is price guaranteed to beat any advertised price. All our jewellery would be priced 50% to 70% higher at other stores. Now with an additional 35% off of our every day low prices.

14kt yellow gold dangling earrings set with cubic zircons, 3.36 grams
J&M Regular Price $139.00
J&M Sale Price $90.00

14kt yellow gold ring with triangular cabochon cut ritulated quartz accented by 8 diamonds (0.12 cttw), 13.8 grams
Appraisal value: $2,000.00
J&M Regular Price $635.00
J&M Sale Price $413.00

14kt white gold slide pendant featuring 5 princess cut diamonds (0.64 cttw) surrounded by 29 full-cut diamonds (0.36 cttw) with 14kt white gold 18" modified fox tail link chain, 9.1 grams
Appraisal value: $2,600.00
J&M Regular Price $1,099.00
J&M Sale Price $715.00

18kt white gold bracelet, polished finishing, chess-style diamond cut pattern links, 18.21 grams
J&M Regular Price $1,490.00
J&M Sale Price $968.00

14kt gold bracelet with 36 diamonds (1.08 cttw)
Appraisal value: $6,200.00
J&M Regular Price $2,789.00
J&M Sale Price $1,812.00

10kt yellow gold 'wave'-style hoop earrings, 1.76 grams
J&M Regular Price $85.00
J&M Sale Price $55.00

Pair of vintage dress clips with 4.6 cttw baguette and round diamonds
Appraisal value: $17,800.00
J&M Regular Price $8,495.00
J&M Sale Price $6,496.00

14kt two-toned mens' wedding band, 7.3 grams
J&M Regular Price $473.00
J&M Sale Price $377.00

14kt white gold ring with 17 round brilliant cut diamonds (0.71 cttw) and 16 round emeralds (1.28 cttw), 5.9 grams
Appraisal value: $3,300.00
J&M Regular Price $1,199.00
J&M Sale Price $780.00

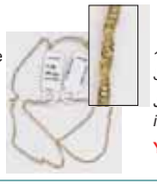
One of the largest selections of rings, earrings, chains and other jewellery, all at every day low prices, with 20% additional savings for a compounded saving!

14kt yellow gold ring featuring a 6.88 ct step cut citrine and two diamonds (0.14 cttw), 5.1 grams
Appraisal value: $1,300.00
J&M Regular Price $439.00
J&M Sale Price $286.00

.950 platinum band, 4.69 grams
J&M Regular Price $565.00
J&M Sale Price $365.00

Dare to compare!
We checked out the competition at mall stores and our every day prices are *still* better than their sale prices!

1.36 gram chain purchased on sale December 30, 2011, for $125.00
J&M every-day price for the same item on that day was $60.93
You would have saved $64.07



1.26 gram chain purchased on sale January 4, 2012, for $128.00
J&M every-day price for the same item on that day $79.13
You would have saved $48.87

J&M Price Comparison

10kt yellow gold Singapore link 18" chain, 0.98 grams
J&M Regular Price $48.00
J&M Sale Price $37.80

Probably the largest jewellery close-out sale ever in the Lower Mainland!

Voted #1 Jewellery Store in the 2011 and 2012 *Readers Choice Awards,* **Stars of Vancouver !**

Consumer's Choice Award Winner *Best Local Jeweller* **for 10 Years in a Row!**

J&M Coin & Jewellery Ltd.

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Plenty of FREE PARKING underneath our Vancouver store, entrance off 8th Avenue